

# Ohio Physical Education Assessment

## Standard 3

Participates regularly in physical activity.

### Grade Band K-2

#### Benchmark A

**Benchmark A:** Engage in regular physical activity inside and outside of school to meet national recommendations for daily physical activity.

**Task:** Physical Activity Pyramid

**Instructions:** This task is completed over the course of a school week. Having given each child a copy of the activity pyramid, there are several ways in which the task can be completed:

1. As a class activity in Physical Education.
2. As a take-home activity to be returned with a parent/guardian signature.
3. As a classroom activity to be monitored by the class teacher.

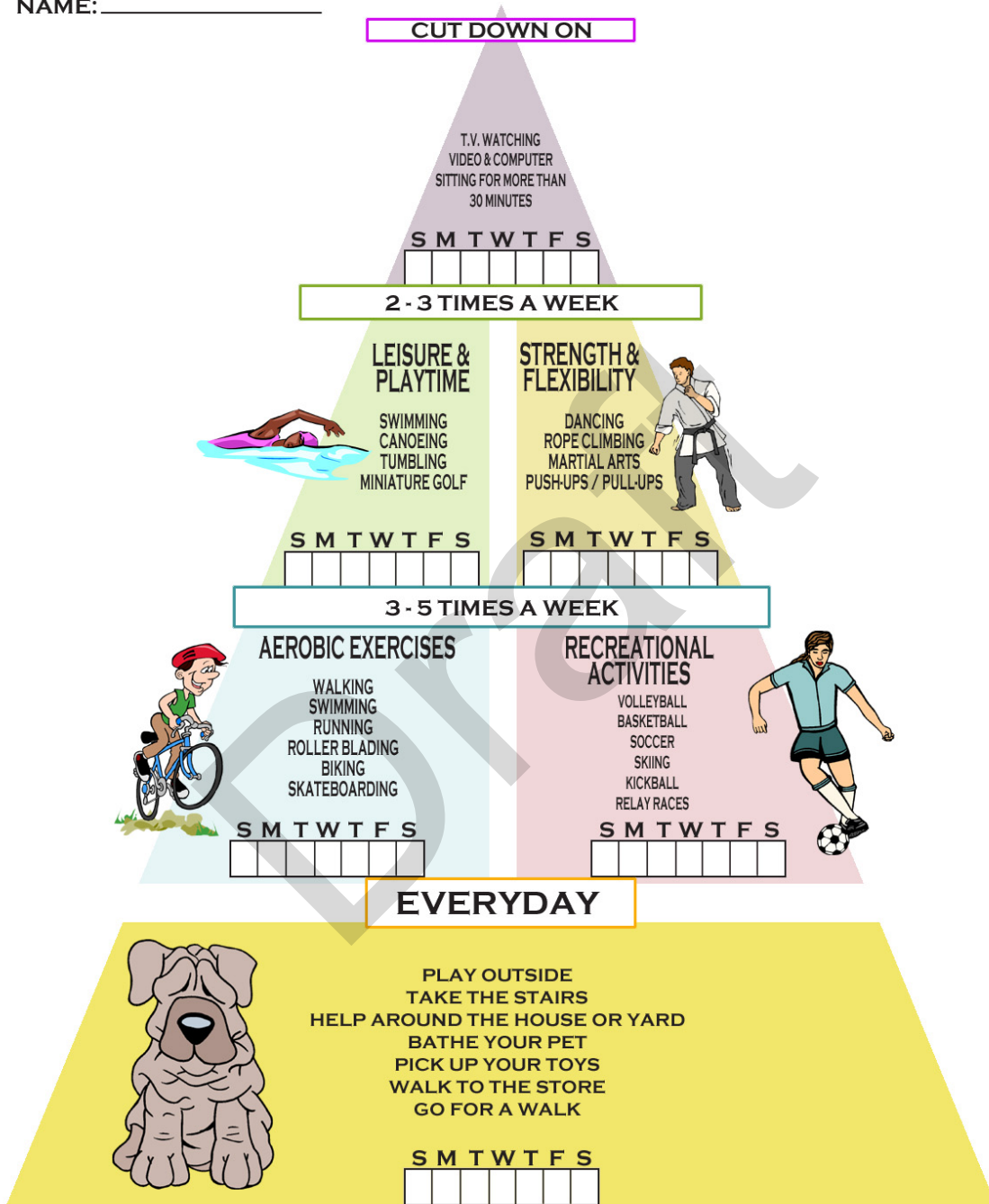
In each part of the pyramid, students place a check mark or X in the box for the days of the week on which they engaged in particular types of physical activity. Goals for the pyramid are to:

1. Cut down on sedentary behaviors such as watching TV and playing computer games for more than 30 minutes (0 days of the week).
2. Engage in leisure/playtime and strength/flexibility activities on two to three days of the week.
3. Engage in aerobic and recreational activities on four to five days of the week.
4. Engage in healthy daily activities (e.g., taking stairs, dog walking) on every day of the week)

Level	Criteria
Advanced	Students meet the goals on more than 4 parts (out of 6) of the physical activity pyramid, indicating they meet national recommendations for physical activity.
Proficient	Students meet the goals on 3 or 4 parts (out of 6) of the physical activity pyramid, indicating they partially meet national recommendations for physical activity.
Limited	Students meet the goals on less than 3 parts (out of 6) of the physical activity pyramid, indicating they do not meet national recommendations for physical activity.

# OHIO PHYSICAL EDUCATION ASSESSMENT STANDARD 3 BENCHMARK A GRADEBAND: K - 2

NAME: \_\_\_\_\_



**Ohio Physical Education Assessments**  
**Standard 3 Data (K-2) Benchmark A**

**Note:** L = Limited, P = Proficient, A = Advanced

Name	Benchmark A
1.	
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# Ohio Physical Education Assessment

## Standard 3

Participates regularly in physical activity.

### Grade Band K-2

#### Benchmark B

**Benchmark B:** Recall participation and physical activities both in and outside of school.

**Task:** Physical Activity Drawings – In the boxes below draw a picture of your favorite activity that you participated in during the last week at school, at home, on the playground and somewhere in the community.

**Instructions:** There are probably several ways in which this task can be completed:

1. As a class activity in Physical Education.
2. As a take-home activity to be returned with a parent/guardian signature.
3. As a classroom activity to be monitored by the class teacher.

1. At school in Physical Education class	2. At home
3. At school on the playground	4. Somewhere else (not home) outside of school

<b>Level</b>	<b>Criteria</b>
Advanced	Students recall 4 physical activities they participated in during the past week.
Proficient	Students recall 3 physical activities they participated in during the past week
Limited	Students recall only 1 or 2 physical activities they participated in during the past week

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**Ohio Physical Education Assessments**  
**Standard 3 Data (K-2) Benchmark B**

**Note:** L = Limited, P = Proficient, A = Advanced

Name	Benchmark B
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## Ohio Physical Education Assessments

### Standard 3

Participates regularly in physical activity.

### Grade Band: 3-5

### Benchmark A

**Benchmark A:** Engage in regular physical activity inside and outside of school to meet national recommendations for daily physical activity.

**Task:** The student will use the Physical Activity Pyramid to identify the Frequency, Intensity, Type and Time of activities. The student will then log their physical activity for one week using the Physical Activity Pyramid as a guide.

Level of the physical activity pyramid	Activities listed from each level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Place – school, home, park, community	
<b>Level 3A:</b> Flexibility activities; moderate stretching <b>Target:</b> 3-7 days a week										
		Time (minutes) in activity each day								
<b>Level 3B:</b> Muscle fitness activities; muscular strength and endurance; moderate to vigorous resistance; 8-12 reps, 1-3 sets <b>Target:</b> 2-3 days a week										
		Time (minutes) in activity each day								
<b>Level 2A:</b> Active sports and recreational activities; moderate to vigorous increased heart rate; 20 or more minutes <b>Target:</b> 3-6 days a week										
		Time (minutes) in activity each day								

<b>Level 2B:</b> Active aerobic activities; moderate to vigorous increased heart rate; 20 or more minutes <b>Target:</b> 3-6 days a week									
	Time (minutes) in activity each day								
<b>Level 1:</b> Lifestyle physical activities; moderate (equal to a brisk walk); 30 or more minutes <b>Target:</b> All or most days of the week									
	Time (minutes) in activity each day								

Level	Criteria
Advanced	The student meets target in each level of the activity pyramid. This indicates that the student engages in a variety of physical activities to meet or exceed the national recommendations for physical activity six or more days a week.
Proficient	The student falls below the target in one level of the activity pyramid. This indicates that the student engages in physical activity to meet or exceed the national recommendations for physical activity three to six days a week.
Limited	The student falls below the target in two or more levels of the activity pyramid. This indicates that the student does not engage in sufficient physical activity to meet the national recommendations.



**Ohio Physical Education Assessments**  
**Standard 3 Data (3-5) Benchmark A**

**Note:** L = Limited, P = Proficient, A = Advanced

Name	Benchmark A
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## Ohio Physical Education Assessments

### Standard 3

Participates regularly in physical activity.

### Grade Band: 3-5

### Benchmark B

**Benchmark B:** Self-monitor levels of physical activity using information from different sources.

**Task:** Using the log of physical activity recorded for Benchmark A, the student will develop a plan for improvement. The student will list activities for each component of fitness and will describe how the activities will help to improve his or her fitness level or reach his or her personal goal in each area.

### Improvement Plan for each Component of Fitness

<b>Aerobic Exercise</b>	<b>Goal:</b>
Activities	How will you increase your time spent in these activities?

<b>Muscular Strength – Upper Body</b>	<b>Goal:</b>
Activities	How will you increase your time spent in these activities?

<b>Muscular Strength – Abdominals</b>	<b>Goal:</b>
Activities	How will you increase your time spent in these activities?

<b>Flexibility</b>	<b>Goal:</b>
Activities	How will you increase your time spent in these activities?

**Resources Available to Complete Physical Activity or Track Activity**

<b>Place where activity is done</b>	<b>Cost</b>	<b>People with whom you will do your activity</b>

<b>Level</b>	<b>Criteria</b>
Advanced	The student shows a plan to increase activity, with specific and realistic physical activities inside and outside of school to meet the national recommendations for physical activity and contribute to fitness components. The plan identifies specific resources in the community, e.g., gyms, parks, playgrounds, pools.
Proficient	The student shows a plan to increase physical activity inside and outside of school. Activities that contribute to fitness components are identified.
Limited	The student does not provide an appropriate plan to meet the recommendations for physical activity.

**Ohio Physical Education Assessments**  
**Standard 3 Data (3-5) Benchmark B**

**Note:** L = Limited, P = Proficient, A = Advanced

Name	Benchmark B
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